

BRIGHT HORIZONS

4th Quarter 2011

Adopt a Family

By Christy Abner, Norfolk Program Director

Christmas is a time to celebrate and to reach out and share our blessings with those in need. This year Bright Horizons is hosting an Adopt a Family event. Singles, couples, families or groups are encouraged to “adopt” one or more families. This is a great way to involve children, friends, family and co-workers to celebrate the gift of giving this holiday season.

To participate please contact either one of our offices. You will be provided the details of an individual or family and specific items that they have on their “wish list”. The gifts need to be dropped off at the Bright Horizons office by December 5th. Also, the Tree of Hope will be at Shamrock Nursery in O’Neill again this year. To participate, stop in and pick a tag off the tree, wrap the gift, and drop it off at Shamrock Nursery or at Bright Horizons in O’Neill. If you prefer not to be a sponsor but are interested in donating to our cause, items of paper products, cleaning supplies, gift cards, wrapping paper, tape, gift bags and gift name tags are greatly appreciated.

We sincerely appreciate all of you who have supported Bright Horizons in the past through donations, volunteering and participating in our events. Through your generosity and continuous support we have been able to provide services to many individuals and families.

To sign up, or obtain information please contact:

In Norfolk:

Jen Arens
Jen@brighthouse.org
1-402-379-2026
305 N 4th St.
Norfolk, Ne

In O’Neill:

Andrea Johnson
Bho.andrea@telebeep.com
1-402-336-1774
318 E Douglas St.
O’Neill, Ne

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An Outstanding Success!

By Audrea Hoffmann, Norfolk Volunteer/Outreach Coordinator

On October 12th, a large audience gathered to watch the “In My Daughter’s Name” production at the O’Neill High School. The play, hosted by Bright Horizons and performed by the Angels Theatre Company out of Lincoln, drew not only a large crowd but also the youngest audience they had ever seen. Some people came because they feel very strongly about ending violence, some because they wanted to learn about the issue, and perhaps some were volunteered (or maybe volunteered) to come by a significant other. Whatever the case, all audience members were struck by the harsh truth about domestic violence that this play brought to their attention.



audience who realized that this violence IS happening to them, to their friend, sister, or child was something we will never forget. Even those who were skeptical about the play (and the issue of domestic violence) were deeply affected by the powerful performance, and some claimed it was very good, very intense, and very informational!

We all had a great time at the play and were very excited with the turnout and support of our communities. We could not have made this performance possible without the help from our very generous sponsors. A special thank you goes to Avera St.

Anthony’s Hospital, Antelope Memorial Hospital, West Holt Medical Services, North Central District Health Department, West Holt Pharmacy, Nebraska Arts Council, Tilden Community Hospital, and TCH Medical Clinic. We also thank those of you who attended the play and supported our 35th Anniversary Celebration!

The following night, the story was just the same in Norfolk. The crowd was just as diverse and just as shocked at the powerful truth unveiled before their eyes. As staff members, the story is the similar to many of our client’s stories, so we were prepared. But to see the tear filled eyes of those in the

Board of Directors

- Deb Milligan, President
- Kelli Lowe, V.P.
- Mary Gibson, Secretary
- Michelle Schlecht, Treasurer
- Glen Waddle
- Steve Hecker
- Pastor Wayne Owens
- Brandon Maly
- Jayne Prince
- Ryan Parks
- Paula Pflueger, United Way Liaison

Volunteer Spotlight

~ O'Neill

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

Volunteers are not paid---not because they are worthless, but because they are Priceless. ~ Anonymous

This being said, I would like to give O'Neill Crisis Line Volunteer Laurie Morrow the small payment of recognition. Laurie attended Bright Horizons Crisis Line training in May of 2008. At that time she was the guidance counselor at St. Mary's Elementary School. In addition to carrying our crisis line phone one week out of each month, Laurie also facilitated Bright Horizons' children's group each week.

Over the course of the next few years Laurie attended trainings on the topic of domestic violence. She has since changed her employment to Oasis Counseling where we are able to coordinate services frequently. Although Laurie is unable to facilitate children's group due to her evening work schedule, she is still a valued crisis line volunteer. Our staff is confident in Laurie's abilities to be a first responder in a time of crisis. She is a compassionate professional that always puts our clients at ease.

To date Laurie has volunteered a staggering 4,893.25 hours for Bright Horizons and our clients.

A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.

~ Norfolk

By Audrea Hoffmann, Norfolk Volunteer/Outreach Coordinator

This quarter's volunteer does not need the spotlight for her to shine. She is an unbelievably strong woman who has a heart bigger than anyone I have ever met. She volunteers in the office as well as in the community by helping with outreach and guest speaking at our events. She gives her time and generosity not only to our agency, but also to individuals whom she knows are in need of her friendship and support!

Pam Clark has been volunteering here for less than a year, but has contributed so much in that short amount of time. When we are in a bind and need a volunteer to cover the office or to help with a big project, Pam is always one of the first to come to mind. She is so reliable and has such a passion for the work we do that she is naturally a perfect fit for our agency! But what amazes me the most about Pam is that sometimes we don't even need to ask her to volunteer for some jobs; she sees a need of the agency and just does whatever she can do to help.

Since Pam is a survivor of domestic and sexual abuse, she has been willing and able to share her story at some of our meetings and events. The most admirable thing about Pam is that her past does not define who she is, but has made her the loving and caring person she is today. She is truly an inspiration to us all that no matter what troubles or brick walls we face in life, we still can be the person we truly want to be. Pam had said once that volunteering here helps her heal from her past. But I think all of the staff would agree that seeing Pam's success actually helps us as well as our clients!



Outstanding Supporter

By Jennifer Arens, Norfolk Criminal Justice Liaison



We at Bright Horizons are very conscious of our many supporters. In honor of our supporters, we have decided to recognize one outstanding partner for his continued support, cooperation and invaluable contributions to our agency. For this quarter, our staff has nominated Officer Richard Frank with the Norfolk Police Department. This nominee will receive a Certificate of Appreciation for him to display. Congratulations Officer Frank and THANK YOU for your desire to help Bright Horizons!

January is Stalking Awareness Month

By Jennifer Arens, Norfolk Criminal Justice Liaison

Imagine that you never feel safe. Wherever you go, someone follows you, and you're afraid. In one year, more than 3.4 million Americans become victims of stalking – a dangerous crime that can happen to anyone. The better we understand the facts about stalking, the more we can do to stop it.

Stalking behaviors occur in most domestic violence relationships in some form or another, whether the victim is able to identify them or not. Stalking behaviors are controlling and obsessive and can include unwanted and persistent phone calls or texts, following, surveillance, monitoring phone or computer usage, and using technology, including GPS, to find one's whereabouts or who they are communicating with. Unfortunately, most stalking behaviors are non-criminal, meaning one cannot be arrested for the individual acts. This behavior only becomes criminal when there is a pattern developed, meaning more than one isolated incident. In Nebraska statute, stalking is identified as "any person who willfully harasses another person or a family or household member of such person with the intent to injure, terrify, threaten, or intimidate commits the offense of stalking".

The media has given us a very skewed idea of who a stalker really is in comparison to the victim. Television and movies have portrayed stalkers as strangers that hide in the bushes and only come out at night. It has been reported that only 10% of stalkers are strangers to the victim, meaning 90% know the victim and their lifestyle, including where they live, work, attend school, who their family and friends are and generally, their daily routine. Stalking is difficult to stop by oneself, but when coupled with an advocate, law enforcement and the criminal justice system, it seems to be more successful to have the behaviors come to an end and have justice for the victim.

**Wherever you go,
someone follows
you, and you're
afraid.**

Stalking behaviors cause various psychological and physical effects on victims. Most victims live in constant fear and are hyper-vigilant, meaning they are always waiting for the next occurrence and lose themselves in the fear of when it will happen next. Many victims will attest to paranoia, eating and sleeping problems, isolating themselves and feeling as though they are going crazy.

Victims truly need the stalking to stop in order to restore their lives. If you or someone you know is a victim of stalking, please contact Bright Horizons at (877) 379-3798 and ask to speak to an advocate.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.

Law Enforcement Training

By Jen Arens, Criminal Justice Liaison

The Nebraska State Patrol presented a conference on September 27th and 28th in Lincoln titled "Understanding and Responding to Domestic Violence, Sexual Assault and Stalking". Three of our staff members, Jennifer Arens-Norfolk, Lacy Kimes-Norfolk and Whitney VanBuren-O'Neill, were able to attend the training. The training was full of both nationally and locally known speakers regarding various topics imperative to helping victims of violence.

We were able to meet many individuals throughout the state who are involved in law enforcement, advocacy and the military. We were fortunate to listen to Lt. Larry Hallmark with the Grapevine, Texas Police Department. He spoke about a murder that occurred in his jurisdiction that they found was connected to multiple similar murders throughout the interstates of Oklahoma, Texas, Arkansas and Mississippi. He talked about the investigative process and how they were able to track the murderer and eventually prosecute him.

We attended breakout sessions that were of great interest. We were fortunate to listen to Leticia Bonifas from NDVSAC talk about human trafficking and how prevalent and underreported this crime actually is. Speaking for myself, I am now definitely on the lookout for red flags regarding this behavior when speaking with clients. We also attended a session on infrared and ultraviolet cameras used by police in investigations. This type of camera is able to show injuries that are not visible to the naked eye to help corroborate stories of victims and witnesses to the crime.

This conference was full of very beneficial information but also got us in touch with the Army National Guard advocate here in Norfolk. We are excited to be able to collaborate with him to help our military victims as well as utilize him and the National Guard as a resource.

BRIGHT HORIZONS RECEIVES \$20,000 AS PART OF \$3 MILLION NATIONWIDE GRANT FROM THE MARY KAY FOUNDATION TO COMBAT DOMESTIC VIOLENCE IN NORTHEASTERN NEBRASKA



Mary Kay shelter grant program to help many of the 61,000 domestic violence survivors assisted each day in the United States

Bright Horizons has been chosen to receive a \$20,000 grant from The Mary Kay Foundation as part of the organization's annual \$3 million national domestic violence grant program. Bright Horizons is one of 150 domestic violence organizations participating in the program. The grant will be used to make some necessary safety and security updates at shelter.

"This grant is such a blessing to Bright Horizons in a variety of ways," said Linda Olson, Executive Director. "Not only does it make up for a deficit in funding this year but also gives us hope and strength to continue what we do. Domestic violence is not going away and deserves very serious attention. Programs to help battered women and their children require a lot of resources. That's why we are so thankful The Mary Kay Foundation is helping us help families in northeastern Nebraska."

Domestic Violence Outlook

According to the second "Mary Kay Truth About Abuse" national survey conducted in March 2011, domestic violence shelters indicate the economic downturn has increased demand for services. Shelters also report, the ability to raise funds and provide services will be hampered into 2012. Due to the economy, the survey also revealed:

- 80 percent of domestic violence shelters nationwide (more than three out of four) report an increase in women seeking assistance from abuse, and most attribute this to financial issues.
- 76 percent of domestic violence shelters (three out of four) indicate their funding has decreased.
- 65 percent of women in shelters can't find employment due to the economy.
- 56 percent of shelters note the abuse is more violent now than before the economic downturn.

"In light of the economic downturn and alarming increases in domestic violence, The Mary Kay Foundation's mission is more critical than ever before. Bright Horizons has helped so many women and their families in the northeastern Nebraska area. We know they will use these funds to benefit even more domestic violence survivors and their children and help end domestic violence," said Jennifer Cook, The Mary Kay Foundation board member.

About Bright Horizons

Bright Horizons serves victims of domestic violence, sexual assault, dating violence and stalking and their families. All of their services are free and confidential and available 24-hours a day 7 days a week. Bright Horizons serves Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton counties. They have an office and shelter in both Norfolk and O'Neill. They provide individual advocacy, support group for adults and children, shelter, assistance with protection orders and criminal justice and legal advocacy. They also provide education in the community on these issues.

About The Mary Kay Foundation

The Mary Kay Foundation was created in 1996, and its mission is two-fold: to fund research of cancers affecting women and to help prevent domestic violence while raising awareness of the issue. Since the Foundation's inception, it has awarded \$28 million to shelters and programs addressing domestic violence prevention and more than \$16 million to cancer researchers and related causes throughout the United States. To learn more about The Mary Kay Foundation, log on to www.marykayfoundation.org or call 1-877-MKCARES (652-2737).

If you shop online at stores like Barnes & Noble, Amazon, JCPenny or The Home Depot, just to name a few, please register with iGive.com! It's simple to register; just choose Bright Horizons Norfolk NE as the cause. Choose the participating store you want to shop and they will donate a portion of your purchase to Bright Horizons at their cost!

www.iGive.com

Local Church Gives Back

By Lacy Kimes, Shelter Manager

For a program that relies heavily on grants, donations, and the hard work of volunteers, when a portion of one of those gets cut, it can be difficult for that program to meet the ever-increasing need for their services. Fortunately, for Bright Horizons, the money received from St. John's Lutheran Church in Norfolk is just one of those donations that helps the program continue to serve survivors of domestic violence and sexual assault.

Bright Horizons was just one organization that received a donation through St. John's Lutheran Church's reverse offering. Last fall an anonymous donor gave the church \$10,000 to use for a reverse offering. Those households that attended church services on the weekend of September 18th received \$50 and each child received \$5. From there, those that received the money were encouraged to pray about the gift, multiply the gift, and not put the money back into the church plate.

Four different families from St. John's decided to come together and hold a large rummage sale at the church, with all proceeds going to Bright Horizons, including each family's \$50 that they received from the anonymous donor. The success from that rummage sale was what allowed them to present Bright Horizons with a \$1,500 check on October 10th, 2011.

"It was awesome to see how much support we had from the community. At first, our group was concerned that we wouldn't have enough items to put on the rummage sale, and if anybody would show up. But, on the morning of the sale, we had individuals lined up outside of the church waiting to start shopping! We even had several people pay more than what their items cost knowing that the money was all going to Bright Horizons."-Lori Olson, member

The staff at Bright Horizons would like to thank all of the members at St. John's Lutheran Church and the community members who helped make the rummage sale such a huge success. Your kindness and hard work will always be remembered as we continue to serve those in need.

"Blessed are those who give without remembering. And blessed are those who take without forgetting." – Bernard Meltzer



Pictured above is Christy Abner (center) receiving the donation from five members of the St. John's Lutheran Church in Norfolk

Diaper Drive

By Jamie Drahota, Bookkeeper and Advocate

During the month of September community members helped support a diaper drive. The diaper drive was a great success! We, at Bright Horizons, would like to say "Thank you" for the wonderful support of our agency's Diaper Drive! We raised a total of 3,629 diapers! Your donations are greatly appreciated and will help many children who have been affected by domestic violence and sexual assault. We could not help others in need without your support and generosity.



Cultural Outreach

By Sonya Sandoval, Bilingual Advocate

We are able to help immigrant victims of domestic violence, sexual assault, stalking and other crimes. By regularly attending the Cultural Outreach Meetings, our staff learns about the extensive process that immigrant victims go through. Some of the topics we covered in the latest meeting include the following:

- Know your Immigration Status?
 - There are three categories for people: U.S. citizens, Green card holders, or undocumented and categories like refugees.
- Deportation and other Immigration Problems
 - Who can get deported?
 - Why do people get deported?
 - Types of detention centers
 - Rights at the detention center
- Working in the United States
 - What to do to work legally in the United States.
 - Documents needed to show to work legally
- Immigration for children and youth
- Safety plan for children and youth

With this training and information, we are able to serve our clients who are victims of domestic violence and who also have immigration issues.

Internship Experience

By Whitney VanBuren, Fall Intern

My major in Human Service Counseling from Wayne State College requires that I complete a 400 hour internship at a related agency. I was thrilled to have the opportunity to complete mine at Bright Horizons in O'Neill. Throughout my 10-week internship, I got the chance to fully grasp the responsibilities of the staff as well as understand what drives Bright Horizons' mission statement. I was able to interact with clients, participate in outreach projects, and help prepare for the Women's Wellness Event and the production of "In My Daughter's Name".

I was also fortunate to finish advocacy training during my position with Bright Horizons. The 40-hour training gave me a better understanding of my role as an advocate and helped me build relationships with staff from O'Neill and the Norfolk office. I'm very thankful to the whole Bright Horizons' staff for this opportunity. I enjoyed my internship and am sad to see it end.

The Media, Sex and Violence

By Sammy, Shelter Advocate

The media is probably one of the strongest influential factors regarding our attitudes and values towards almost every aspect of life including but not limited to; what we eat, the clothes we wear, the morals and values we have, and the very outlook we have on life in general. I will mostly be discussing television and music since these two are the most popular forms of media.

Much of our pop music is filled with the glamorizing of provocative sexual behavior, violence, drugs and immoral attitudes in general. For example a very popular artist, Katy Perry has such song lyrics as, "Let's go all the way tonight. No regrets just love. We can dance until we die. You and I we'll be young forever. You make me feel like I'm living a teenage dream the way you turn me on...I'ma get your heart racing in my skin-tight jeans. Be your teen-age dream tonight." The song promotes the idea that teen girls are supposed to behave and dress in a sexual manner in order to get the attention of others. This song as well as many other popular songs leaves out the consequences of such behavior.

**Children are
even targets
of the media**

Television usage has increased by many Americans in recent years. Many shows and movies are filled with immoral sexual behavior and violence. Violence and sex are glamorized by much of what we can see on TV. Children are even targets of the media. Many cartoons and "children's" shows are filled with subtle forms of violence and suggestive sexual humor.

The media uses the glamorization of sex and violence to entice large audiences. There are many forms of media and most Americans use some form of media throughout each day. The media is largely impacting our society and the world in general. What goes in our minds will eventually come out in our behaviors.

Tis' the Season

By Jen Arens, Criminal Justice Liaison

We at Bright Horizons strive to serve our clients with outstanding advocacy while keeping our services free and confidential. Unfortunately, we have been met with some funding issues as of late, as have numerous agencies and individuals, due to the current economic state. To help us adjust to our new budget, donations would be very much appreciated for some items that we are no longer able to purchase fully. We would be very grateful for any assistance with the following items.

- Vacuum for our Norfolk office
- Baby gates for our Norfolk shelter
- Cleaning and hygiene supplies – ex: Clorox wipes, paper towels, trash bags (13 gallon), Lysol spray, toilet paper, etc.
- Office supplies – legal notepads, copier paper, etc.

Thank you for all of your support of our agency. We are indebted to all of our generous donors for helping us help our clients!



Bright Horizons Shelter Wish List



Paper Supplies

Baby Lotion/Shampoo/Body Wash

Mops

Trash Bags of all sizes

Light bulbs ~ 40 & 60 watt

Disposable Diapers

Hair Brushes and Combs

Dish & Laundry Soap, Fabric Softener

Water Softener Salt & Ice Melt

Zip-Loc Bags ~ all sizes

Tupperware to Store Leftover Food

Baby Wipes & Formula

Totes for storage

Journals for writing

Flashlights

Baby Pack-N-Play

Pillows

Label Maker

48" White Blinds for Office (set of 2)

30" White Blinds for Kitchen (set of 2)

Curtain Rods for Bedrooms

Handheld Vacuum Cleaner for Steps

Hand Soap

Groceries for Shelter: *Margarine, Cooking Oil, Cooking Spray, and Pancake Syrup*

Last Quarter Supporters of Bright Horizons

Mandi Chavez
 Duane and Janice Vosler
 Amber Stracke
 Jan McGrath
 Karen Hazelhorst
 Kim Estes
 Katie McCarron
 Pat Brockman
 Heidi Phillips
 Linda Kohle
 Diane Osborne
 Kat Alder
 Jill Hipke
 Ron Cork
 Chris Batenhorst
 Joyce Kelly
 Carolyn Holmberg
 Gordon Fox
 Marilyn Mattein
 Shirley Garwood
 Brenda Wedige
 Miranda Pribil
 Ashley Oswald
 Shanna Beard
 Doran Roetler
 Nancy Shavlie
 Alice Goetsch
 Brenda Meyer
 Alice Bauchelman
 Susan George
 Charlotte Easland
 Dianne
 Carol Diedrichsen

Lisa Anderson
 Danelle Jaeke
 Pat Gansinger
 Pam Clark
 Melissa Vietor
 Kay Russell
 Jackson Greene
 Karen Meyer
 Rich and Rita Gubbels
 Linda Anderson
 Vi Leapley
 Joe Malinowski
 Nancy Forbes
 Janice Luttmann
 Virginia Johnson
 Anette Baumert
 Mike and Tammy Zierke
 Susuan Warnke
 Carol
 Cassie Cole (Girl Scout Troop #125)
 Lorrie Pfeifer
 Jessica Bekman
 Karla Beller
 Virgil & Betty Froehlich
 Judy Arlt
 Cynthia
 Marilyn Nordeen
 Diane Pospisil
 Mark Raders
 Wendell Fosum
 Cheryl Wragge
 Tom Wiese

Amanda
 Casey Weigel
 Connie Otto
 Jennifer Backer
 Jill Shaffer
 Jane Salens
 Kim Neiman
 Dave Steffen
 Lisa Gillotti
 Marilyn Woolard
 Mark Sears
 Lynn Wattier
 Joe and Brenda Fuchs
 Myrtle Blair
 Nancy Holm
 Judy Eggerling
 Mary Dietrich
 Jack Henderson
 Deb LaLonde
 Jamie Starkel
 Merrily VanBuren
 Margy Ehrenfried
 Jody Carlson
 Carmen Godbersen
 Mary Ritz
 Kayla Albrecht
 Arlene Miller
 MaryAnn Wemhoff
 Michelle Dudley
 Emily Butler
 Morgan Arnold
 Dr. Louis and Julie Roemhildt
 Jean Shocker

St. Paul's Church
 Grace's Closet
 Grace Community Church
 Curves
 St. Mary's Church
 Clarkson Bakery
 Ameritas
 Premier Marketing
 The Treasure Chest
 O'Neil Eagles Auxiliary
 Immanuel Lutheran Church
 Inman Community Church
 Atkinson Good Samaritan Center
 St. Mary's Altar Society Sacred Heart Parish
 Mane Event Hair Salon
 Antelope Memorial Hospital
 West Holt Memorial Hospital
 West Holt Pharmacy
 Atkinson-ettes
 Tilden Community Hospital
 TCH Medical Clinic
 Nebraska Arts Center
 North Central District Health Dep't
 Avera St. Anthony's Hospital
 Antelope Memorial Hospital
 West Holt Pharmacy
 West Holt Medical Services



Happy Holidays from the staff at Bright Horizons!

Christy
Andrea
Michelle
Andrea
Sammy
Tracy
Spencer
Jamie

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

Norfolk Office
305 N. 4th
P.O.Box 1904
Norfolk, NE 68702
(402) 379-2026

O'Neill Office
318 E. Douglas St.
O'Neill, NE 68763
(402) 336-1774



Crisis Line
1-877-379-3798
www.brighthorizonsne.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Audrea at 402-379-2026 or at audrea@brighthorizonsne.org

**Ask Us About Becoming a
Volunteer!**

BRIGHT HORIZONS SERVICES

- 24 Hour Crisis Line
- Community Education
- Individual Advocacy
- Criminal Justice & Legal Advocacy
- Emergency Shelter
- Support Group

Call 402-379-3798 or 402-336-1774 or 24 Hour Crisis Line 1-877-379-3798
Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and
Stanton counties.

UPCOMING EVENTS:

Boyd-Holt CRT Meeting—Thursday, January 12th; time and place to be announced

Madison CRT Meeting—Tuesday, January 24th at Bright Horizons at Noon

Pierce-Knox CRT Meeting— Thursday, January 26th at Plainview Area Health Systems at Noon

Don't forget to sign up to get the newsletter electronically by emailing audrea@brighthorizonsne.org!

Also find us online and on Facebook!